Промінь
Promin

Референтки Променя
Promin Convenors

10 заповідей Митр. Іларіона
10 Commandments from Met. Ilarion

Їмо з городу
Using Garden Produce

Союз Українок Канади

February/March 2016 Issue

ПРОМІНЬ

Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ

Рік *LVI*
лютий - березень 2016

Редакційна Колегія
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Canadä

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РЕДАКЦІЙНА
Editorial

Дорогі Читачі!

Що то таке референтка Променя? Яку ролю мала б вона грати при наших управах? Як їй найкраще служити свойому журналові?

Редакція жулналу покладається на цих референток по цілій Канаді. Без новинок відділів, журналові неможливо осягнути одну зі своїх найважливіших мет, тобто, комунікація між членкинями та відділами Союзу Українок Канади. Заохочую всіх наших теперішніх референток подати новини своїх відділів, статті, фотографії та квіти незабутнім нашим покійним членкиням Променеві. Багато з Вас уже цього зробили! У цьому числі, знайдете статті написаними Донею Рід, референтка Променя при Альбертській Управі, та Юстиною Керелюк, референтка Променя при Відділі Ту Гилс, Альберти.

Референтки Променя повинні час від часу подавати вісті своїх відділів Променеві, а, якщо самі вони не в силі цього зробити, то вони повинні заохочувати іншу членку свого відділу заступити їх. Далі, вони повинні заохочувати членок та прихильників Союзу передплачувати журнал, збирати передплати та слати їх адміністраторці журналу, Єлисаветі Корлетт, представляти уривки журналу членкам на місячних зборах або на якомусь підприємстві відділу та організувати проекти на фінансову підтримку Променя.

Редакційна Рада Променя старається, що б Промінь був фінансово життєздатним. Згадаймо, що письменники та фейлетоністи Променя це—добровольці. Якщо існують між Вами такі, що люблять писати, чи то по-українськи, чи по-англійськи, чи то оповідання, чи то поезія, чи то фактичні або наукові статті, подавайте Променеві! Маємо мету інформувати та просвіщати своїх членок. Яке в Вас знання? Чим Ви поділитеся нашими членками? Подумайте про це, та напишіть нам. Ми радо надрукуємо!

З седечним привітом,

Леона Фарина Бриджес

Dear Readers,

What is a Promin Convenor? What is the role of such a person on our executives? How can a Promin Convenor best serve this journal?

The content of Promin relies heavily on the contributions of Promin Convenors across the country. Without news from the branches, this journal no longer serves one of its main purposes—communication among its members and branches. I would like to encourage all of our current convenors to submit news, articles, photos and tributes to members who have passed away to Promin. A number of you are already doing this! I am pleased to have included articles by Donna Reed, Promin Convenor for Alberta, and by Eustine Kereliuk, Promin Convenor for Two Hills, Alberta in this issue.

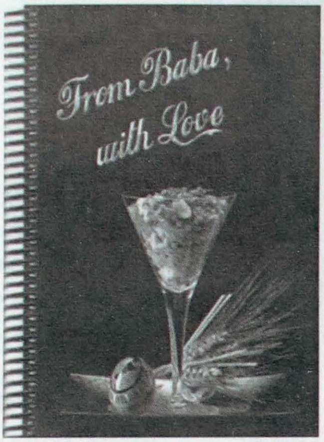
Promin Convenors should submit news about their branches to Promin and, if they are not able to do so for whatever reason, they should encourage others in their branch to do so. In addition, they should encourage members to subscribe, take subscription payments and forward them to the Promin

administrator, Betty Corlett, present excerpts from the magazine to members at meetings or events of the branch and initiate fundraisers for Promin.

As the Editorial Board struggles to keep Promin afloat financially, we must remember that our columnists and contributors at Promin are volunteers. If there are women among you who love to write creatively or to document and report situations or events, Promin would be pleased to publish your work! We also want to educate our members. What gifts can you share with your Soyuz sisters that would enlighten them? Do so through your journal! Write to us in English or Ukrainian—we would be pleased to publish your pieces.

Warm regards,

Leona Faryna Bridges



Published by:

Ukrainian Women's Association of Canada Hanka Romanchych Branch Saskatoon, Sask.

This 330 page, coil bound cookbook features:

- 52 pages of spiritual, cultural and folkloric descriptions of selected feast days and sacraments.
- A collection of home-tested family favorite recipes reflecting Ukrainian Traditions..
- Original photography and illustrations.

Cost is $35.00.
If you wish to order for shipping , there will be charges.
Also available - 12 books per box for fundraising or bulk orders.

To Order: U.W.A.C. Hanka Romanchych Branch
Box 21067, PO Grosvenor Park
Saskatoon, Sask., S7H 5N9
Phone: 1-306-374-7675
Email: ssokyrka@gmail.com

СОЮЗ УКРАЇНОК КАНАДИ

DEADLINES!

Please note that the deadline for submissions for our April - May issue as well as any **Easter Greetings** is

February 20, 2016.

Future submission deadlines will fall on or around the 20th of every second month should you wish to plan accordingly.

For more information contact: bridgesl@telus.net

DONATIONS

Donations

- Choloniwsky, Katherine, Edmonton, AB — $25
- Eliuk-Matchak, Larysa, Edmonton, AB — $50
- (thanks for featuring her in artists' series)
- Faryna, Elizabeth (Betty), Victoria, BC — $50
- Hryhor, Taras and Thelma, Erin, ON — $25
- Kuzyk, Jennie, Belle River, ON — $10
- UWAC – APE, Edmonton, AB — $200
- UWAC – Lesia Ukrainka, St. Elia, Edmonton, AB — $300
- UWAC – Lesia Ukrainka, Winnipeg, MB — $400
- UWAC – St. Anna's, Edmonton, AB — $100
- Zacherniuk, Olena, Edmonton, AB — $25

Christmas Greeting Donations

- UWAC – Roblin, MB — $35
- UWAC – St. Anna's, Edmonton, AB — $200
- UWAC – Yorkton, SK — $60

Donations in Memory of...

- Poliszczuk, Olya, Toronto, ON — $50
  In memory of Stephania Spytkowsky and Dobr. Fil'
- Rev. E. Stefaniuk, Vernon, BC — $50
  In memory of parents Fred & Mary Stefaniuk and wife Marusia
- Rudko, Eugenia, Edmonton, AB — $25
  In memory of husband, Walter Rudko
- Shipowick, Lesia, Milton, ON — $200
  In memory of her Mother, Ksenia Rosizky
- UWAC – Lesia Ukrainka, Winnipeg, MB — $25
  In memory of Olga Nazerovich
- UWAC – Lesia Ukrainka, Winnipeg, MB — $100
  In memory of N. Pawlik
- UWAC – Two Hills, AB — $100
  In memory of Anne Logozar
- UWAC – Yorkton, SK — $25
  In memory of Eva Bilan
- UWAC – Yorkton, SK — $25
  In memory of Ann Saley

May their memory be eternal!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

News from Lesia Perritt,
UWAC National President

Слава Ісусу Христу! Слава На Віки!

Хоч зима покрила північний світ, ми вже почуваємо, що дні трошечки подовжуються. Ми щасливі, що живемо тут у Канаді, де є виняткова медична допомога, де можемо безпечно йти куди хочемо, де можемо ділитися думками та самостійно голосувати, і де існують мир і воля. Найбільша нам потіха це—коли ми присвячуємо свій час і таланти своїй родині, коли співпрацюємо на користь нашої церкви і громади. Пам'ятаймо про хворих, про тих, що не можуть вийти, про бідних і про нових поселенців Канади. Відвідуймо їх і привітаймо теплими словами і щирими усмішками. Таким способом наша громада розцвітатиме.

Glory to Jesus Christ! Glory Be Forever!

As the shadow of winter diminishes, we are seeing increasing daylight. We are truly blessed to be living in a country where we have access to outstanding medical care, where we may go where we please, voice our opinions, have voting privileges, and live in peace and freedom. Our greatest personal pleasure comes from being of service to others, sharing our talents and other resources, and giving of ourselves to our families, our parishes and wider communities. Let us remember to reach out to those who are alone, aged, ill, less fortunate or new to Canada. There is pleasure in simply greeting everyone in our midst with a kind word. In this way, our community blossoms, one smile at a time.

Anketa (Questionnaire)

Please note that by the end of January, 2016 each UWAC Branch will have received an electronic or hard copy of the Anketa (Questionnaire). The form will have a few changes from last year, making it easier to complete either directly on a computer before printing or on the hard copy sent to you.

Details for completing the document will be included when the form is sent to your branch. The original completed and signed Anketa form is to be sent to the National office. A copy is to be submitted to your Provincial Executive. Please be sure to include an accurate list of your 2015 branch members, including names, land and email addresses, and phone numbers for our archives.

The deadline for submitting the Anketa to the National Office is April 1, 2016. This will allow for the compilation and tabulation of all branch information from across Canada into one written report which the National Office is to prepare by June 1.

Constitution 2011

Occasionally questions of governance, rights and responsibilities, etc. arise within a branch or at the Provincial level. If your executive or members require a Constitution with the changes adopted in August, 2015, please contact the National Office. Constitution booklets are now available at a reduced cost of $1.50 each, with a mailing cost of $2 per copy.

Archives

One of the primary objectives of the current National Executive is the gathering and organizing of archival records. It is well known that sometimes important documents are left in homes after an executive member steps down from a position. Sometimes records are forgotten or even inadvertently destroyed. Lost archival history cannot be duplicated; existing archives must be safeguarded.

Please ensure that your branch meeting minutes (general and AGM), financial records, Anketa copies, photos, etc. are safely categorized, labeled and stored. If your Branch is no longer active, please contact the National Office about procedures to ensure that records are dealt with in accordance with our Constitution.

Available Items

March is the month we commemorate Taras Shevchenko, our beloved Ukrainian poet, artist, ethnographer and political figure. The UWAC National Office has copies of a beautiful commemorative pin at the cost of $5. + GST. Order yours before we are sold out.

Also available are the following:

- Easter Cards $3
- My Icon Book $15
- Child's Companion Prayer Book $10
- Songs for our Children (book, CD, tape $10

Correction

In the December/January Issue of Promin, pg. 31-32, I wrote a brief article about the World Federation of Ukrainian Women's Organizations in which I quoted a delegate at the September 2015 summit regarding assisting fellow Ukrainians in need. Rather than "Як не ми, а хто?" the quotation should have read, "Як не ми, то хто?"

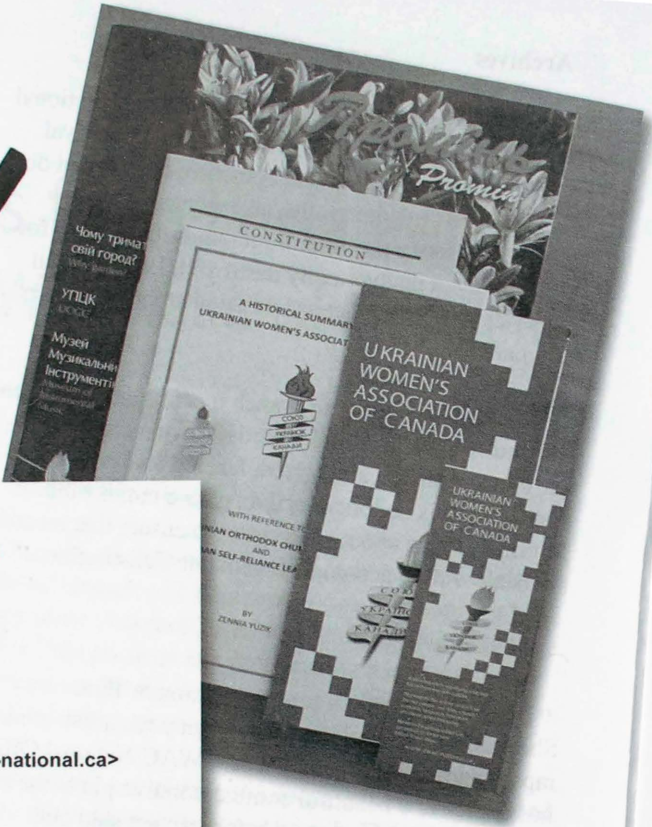
Editor's Note: Thank you, Lesia!

Lesia Perritt
President

Членки Відділів Союзу Українок Канади з Роблин, Манітоба та Святої Анни з парафії Св. Антонія в Едмонтоні вітають Духовенства УПЦК з родинами, усіх Читачів Журналу Променя та загальне членство Союзу Українських Самостійників Канади з Новим Роком та бажають їм усього найкращого!

UWAC Branches in Roblin, Manitoba and at St Anthony's Parish in Edmonton (St Anna Branch) extend their very best wishes for a happy and prosperous New Year to the Clergy of the UOCC and their families, to every Promin reader, and to all members of the Ukrainian Self-Reliance League of Canada! God's blessings upon you!

Welcome!



Союз Українок Канади

Ukrainian Women's Association of Canada

National Office

10611 - 110 Avenue NW

Edmonton Alberta T5H 1H7

Telephone 780.465.5440 **email <info@uwac-national.ca>**

WELCOME

We are very pleased to welcome you as a new member of the Ukrainian Women's Association of Canada. We sincerely hope that you will find the camaraderie amongst our members and participation in association activities both enjoyable and rewarding.

To introduce you to the Ukrainian Women's Association of Canada, we have enclosed the following informative information:

- *Smoloskyp* (torch) Pin
- Bookmark indicating significance of the *Smoloskyp*
- Brief Brochure indicating objectives and activities
- Short History
- Constitution and By-Laws
- Sample back issue of the Journal Promin
- Protocol for holding of candles at Memorial and Funeral Services

Should you have any questions about the Ukrainian Women's Association of Canada, please do not hesitate to contact your Branch President or the National Executive at the above address. Information about a regular subscription to Promin is included in the sample copy in your package.

With Christian Greetings,
Lesia Perritt, President

Order your welcome packages from the National Executive of the UWAC. The items shown, along with the welcome letter, are tidily packed into a ziplock bag.

Cost - $20 per package plus shipping.

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

To the National UWAC Executive:

Regarding the "Welcome Packages" now being sold by the National Executive, I hope they include a copy of Promin. I thought that it was very smart of you to include a sample issue of Promin in each of the three packages you sent to me. I will do my best at our next meeting to encourage my members to subscribe to the magazine. It has certainly improved since the new management has taken over. Best regards,

Vera Melnyk,
Toronto, ON

Thanks for your efforts in producing interesting articles. It's great to be re-acquainted with friends I knew in Edmonton!

Pat Mulka Ciona,
Blaine Lake, SK

Thank you for your informative journal and wishing you continued success in the future.
Sincerely,

Jennie Kuzyk,
Belle River, ON

Thank you for an informative publication.
Yours truly,

Olya Poliszczuk,
Toronto, ON

Wishing you the best for the New Year in your publishing of an amazing journal. Enjoy it ever so much!
Sincerely,

Pauline Kindrachuk,
Vernon, BC

Keep up the good work!
With blessings,

Dorothy Stachniak,
Edmonton, AB

Thank you for that article on the berries!

Frances Sych,
Leduc, AB

To the Editorial Committee,
You're doing a great job. Wishing you and yours a wonderful holiday season. Merry Christmas and a Happy New Year!

Mary Chubey,
St. Malo, MB

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

Cover image:
C. Senkiw
Settlement (2011)
Acrylic on Canvas

Back cover image:
C. Senkiw
Winter Grasses
Acrylic on Canvas

In our last issue (December 2015 - January 2016) the photo on page 11 was taken by Lesia Perritt (the full photo of the kolachi and didukh).

Рідне Слово

Нотатка редакторки: У світлу пам'ять Високопреосвященнійшого Митрополита Іларіона передруковую цю статтю, написана з нагоди 40-річчя його упокоєння (2012 р.) у місяці березні, Максимом Гонтарем.

Митрополит Іларіон (Іван Огієнко): 10 заповідей про мову

Як бракує сьогодні такого настільного видання багатьом нашим нинішнім державотворцям, різного рівня посадовцям і службовцям, які або через низький рівень своєї культури, або через незнання власної історії, а скоріше через своє манкурство нехтують ще й досі державною мовою!

Як важливо саме сьогодні повернутися до Огієнкових "Десяти мовних заповідей свідомого громадянина" в дитячому садку і школі, вищому навчальному закладі і в державній установі, у виробничому підрозділі і парламенті нашої держави! Цей неповторний декалог Івана Огієнка - десять його заповідей, десять принципів, якими має керуватися кожен українець, побудований за іншим неповторним декалогом - десятьма заповідями Божими.

1. Мова - то серце народу: гине мова - гине народ.

2. Хто цурається рідної мови, той у саме серце ранить свій народ.

3. Літературна мова - то головний двигун розвитку духовної культури народу, то найміцніша основа її.

4. Уживання в літературі тільки говіркових мов сильно шкодить культурному об'єднанню нації.

5. Народ, що не створив собі соборної літературної мови, не може зватися свідомою нацією.

6. Для одного народу мусить бути тільки одна літературна мова й вимова, тільки один правопис.

7. Головний рідномовний обов'язок кожного свідомого громадянина - працювати для збільшення культури своєї літературної мови.

8. Стан літературної мови - то ступінь культурного розвою народу.

9. Як про духовну зрілість окремої особи, так і про зрілість цілого народу судять найперше з культури його літературної мови.

10. Кожний свідомий громадянин мусить практично знати свою соборну літературну

мову й вимову та свій соборний правопис, а також знати й виконувати рідномовні обов'язки свого народу.

*Іва́н Іва́нович Огіє́нко (церковне ім'я : Іларіон; * 2 січня (14 січня) 1882, Брусилів — † 29 березня 1972, Вінніпег) — український вчений, митрополит УАПЦ (від 1944), політичний, громадський і церковний діяч, мовознавець, історик церкви, педагог, дійсний член Наукового Товариства імені Тараса Шевченка (від 1922).*

Підготував Максим Гонтар (http://dyvensvit.org)

Джерела:

1. Олеся Білоус-Копкова - Українознавча концепція мовної освіти у творах І. Огієнка.

2. Іван Огієнко (митрополит Іларіон). Рідна мова / Упоряд., авт. передмови та коментарів М. С. Тимошик. — К.: Наша культура і наука, 2010. — с. 40.

3. Іларіон (Огієнко) - Матеріал з Вікіпедії - вільної енциклопедії.

Фото:
http://uahistory.info/2013/03/24/van_ognko.html

Erin Haugen
Visual Artist

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Image: *Epitome,* Acrylic on Canvas.

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca

St. Romanus, the melodist

NEWS FROM OUR BRANCHES

Above: Members of UWAC who were present at the Bishop's Tea

WESTERN EPARCHY

Bishop's Tea – October 4, 2015

The Bishop's Tea, a fundraiser to support the mission work of the Western Eparchy, was held on Sunday, October 4, 2015 at the Ukrainian Orthodox Church of St. Elia, Edmonton following the Divine Liturgy. The concept of the Bishop's Tea began many years ago as a joint venture between the Western Eparchy and the five Edmonton branches of the Ukrainian Women's Association of Canada. This event has been held many times in the past, alternating between each of the five parishes of the Ukrainian Orthodox Church in Edmonton.

As the main goal of UWAC is "to support and execute all manner of deeds and acts that contribute to the continual growth of the Ukrainian Orthodox Church of Canada, and encourage members to practice and live by the Christian principles as enunciated by the Ukrainian Orthodox Church of Canada." (http://uwac.national.ca), it is encouraging when many branches of UWAC provide spiritual and financial support for the work of the Bishop and the Western Eparchy. There is much need for support and all of the following are important components of the Western Eparchy, but especially right now, the focus is on: Youth Programs, Orphanages in Ukraine and mission work.

At a time when the Church is marginalized and pushed into the farthest corners of society, it is gravely important that UWAC continue to increase its support of the Church, not joining the ranks of those who try to minimize Christian ideals. We know that the Nativity cards are found on the lowest shelf at Hallmark, that our children and grandchildren have " Winter Festivals" instead of "Christmas Concerts", that we are encouraged to say " Happy Holidays" instead of "Merry Christmas", that Starbucks chose to have no designs on their Christ-

Below: The Dobrodijky who assisted at the Bishop's Tea

Below: THE BISHOP'S TEA Certificate Recipients 2015
His Grace Bishop Ilarion acknowledged the branches of the Ukrainian Women's Association of Canada in Alberta and BC who made generous donations to Western Eparchy projects during 2014-15. Those honored were branches from:
Back Row (L to R): Calgary, Vegreville, Edmonton-St. Anthony's, Athabasca/Lac La Biche, Edmonton-St. Andrew's, Waskatenau, Edmonton-St. Michael's
Front Row (L to R): Two Hills, Edmonton-St. Elia
Missing: Smoky Lake, Surrey, BC
Also Recognized: Lesia Perritt, newly elected UWAC national president.

mas cup this year, that The Holy Resurrection (the most sacred and revered time of year for Orthodox Christians) has become a holiday for blessing baskets of food, celebrating rabbits and chocolate eggs, and is otherwise ignored.

This is not the case in the Western Eparchy. Due to the commitment and dedication of the UWAC, support has increased. The support for the Western Eparchy has expanded beyond the city of Edmonton. In 2014-2015, ten branches in Alberta (from Calgary, Vegreville, Edmonton - St. Anthony's, Edmonton - St.Michael's; Waskatenau;

Athabasca/Lac La Biche; Smoky Lake; Edmonton- St. Andrew's; Two Hills; Edmonton - St. Elia as well as the UWAC branch in Surrey, BC) made generous donations to Youth Programs and to the Orphanage in Ukraine Project.

By organizing the Bishop's Tea and by donating to the programs of the Western Eparchy, Soyuz supports the young people who will become our Church members, orphans in Ukraine, who so badly need support, and mission work to build "a strong Eucharistic community" (UWAC-APC 85th Anniversary Booklet, p. 23) in outlying areas.

The Edmonton branches of the UWAC sponsor the Bishop's Tea, planning and organizing it, coordinating the food for the luncheon, welcoming the guests, serving the luncheon and doing the clean up. The Dobrodijky of the Western Eparchy are invited to pour tea. The Bishop's Tea is held annually on the first Sunday in October. Next year's Bishop's Tea will be held on October 2, 2016 at the Ukrainian Orthodox Sobor of St. Andrew. All are invited and encouraged to support this event and thereby fulfill their goal of supporting the Ukrainian Orthodox Church of Canada, continuing to practice Christian principles both in word and in deed.

Ann Lega,
Executive Assistant to His Grace,
Bishop Ilarion

LESIA UKRAINKA UWAC BRANCH
Two Hills, Alberta

All ten active members of the Two Hills Branch attended the Annual General Meeting on December 2, 2015. After the meeting, pins were awarded and photos were taken. The meeting ended with a prayer, after which everyone went to the Golden Wings Restaurant for a delicious supper. Christmas goodies brought by the members topped off the meal.

Our small group of ten still caters funeral and memorial dinners and other simple occasions at our church hall. We have an annual bake sale before East-

Red Deer, Alberta
ST. NICHOLAS UKRAINIAN ORTHODOX CHURCH

On December 19, St. Nicholas Day, members of the Seniors' Club of the Ukrainian Orthodox Cathedral of St. John the Baptist in Edmonton, boarded a bus, sponsored by the Alberta Ukrainian Self-Reliance League (AUSRL) and headed to Red Deer, Alberta to attend a Divine Liturgy. I was delighted to be invited to join the group and also to unofficially represent the National Executive of the Ukrainian Women's Association of Canada (UWAC). In addition to the seniors, some Edmonton CYMK-UOY (Ukrainian Orthodox Youth) members also drove to Red Deer in show of support to the Red Deer congregation.

The Divine Liturgy, celebrated by Rev. Fr. Timothy Chrapko was held in a small meeting room at the Holiday Inn Hotel. For many years, the parish in Red Deer has been changing locations for their services, depending on space availability. For each service, a little portable iconostasis is set up, some icons are hung, tables are covered and a sanctuary for Divine Worship is created.

Following the service and veneration of the Cross, we proceeded to the restaurant for lunch. Group photos were taken and we again

er with pyrizhky, nalysnyky, holubtsi, paska, babka, doughnuts and donations of other baking by our members. In November, we had a very successful pyrohy supper and raffle.

Our Thanksgiving potluck dinner was very well supported by all. It constitutes our annual district fundraiser, with each church contributing certain assigned foods.

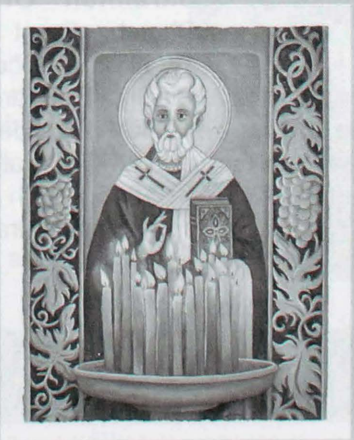
On the Eve of Theophany, January 18, we look forward to the service, including the blessing of the water and a traditional potluck supper of Lenten foods, along with caroling.

Our ladies take turns providing fellowship lunches after church services.

Members who had perfect attendance for the year were (opposite from left to right): Stella Stefiuk, Rose Nikiforuk, Eleanor Lutzak, Anne Iftody, Elsie Choban, Olga Chrapko, Eustine Kereliuk and Theresa Rudkowsky.

The new executive for 2016 is (below from left to right): Joyce Rosychuk (Recording Secretary), Elsie Choban (Treasurer), Stella Stefiuk (President), Olga Chrapko (Vice-President) and Eustine Kereliuk (Corresponding Secretary and Promin).

Eustine Kereliuk, Promin Convenor



boarded the bus, this time with Dobr. Julie Chrapko directing the driver to the location of St. Nicholas Ukrainian Orthodox Church, building-in-progress. We were pleased to see that the walls, windows and roof were in place. The Parish members expressed great pleasure in soon having a permanent house of worship.

The newest branch of the UWAC is in Red Deer with Dobr. Julie Chrapko as President. The members have launched a building fundraiser by commissioning a special, limited edition print of a painting entitled St. Nicholas, by Larisa Sembaliuk Cheladyn. Prints are $150, plus shipping, and are available by contacting orthodoxrd@gmail.com .

I know the branch would be very grateful for support of their project.

Lesia Perritt

Two Hills Couple Honoured at Vegreville Pysanka Festival 2015

The hospodar and hospodynia of the Vegreville Pysanka Festival 2015 were Elsie and Orest Choban. Orest was born in Vegreville, Alberta, the youngest twin son of William and Maria Choban of Kaleland, Alberta. He grew up on a farm, attending school at Kaleland and Two Hills. Orest attended the Northern Alberta Institute of Technology and the Southern Alberta Institute of Technology, completing his studies in Heavy Duty Mechanics. He worked in Two Hills.

Elsie was born in Beauvallon, Alberta, the oldest daughter of John and Stella Grabas. Growing up on a farm, she attended schools at Rannock, Old Beauvallon and Myrnam. She attended McTavish Business College. Upon completion of her studies, she was employed at the CIBC Bank in Edmonton.

Orest and Elsie were married June 4, 1960 at St. Elia Ukrainian Orthodox Church in Edmonton by Very Rev. A. Chrustawka. After this, they resided in Two Hills. Elsie was employed by ATB Financial for 35 years. She held every position in the Two Hills Branch.

Both are active members of the Holy Trinity Ukrainian Orthodox Church. Orest sings in the choir and both help with caroling and fundraising. Both are members of the executive. They have dedicated many years of volunteering. Orest and Elsie retired from their jobs in 1995. Both danced with Two Hills Adult Dancers and Vitrak Adult

Dancers at Vegreville.

They have two children, Clarence and Cindy (Tim Baydala). Orest and Elsie are blessed with two grandchildren, Deeyana and Marko.

Elsie is a member of the Advisory Board of the Ukrainian Cultural Heritage Village. Both she and Orest have volunteered at the Pysanka Festival for a number of years; Elsie has been involved with the Festival since its beginning. Elsie was also very involved in the Two Hills and Vegreville Ukrainian Adult Dance Clubs. Both are still active in other community events, organizations and volunteer for many hours when necessary.

Elsie Choban has been a member of the Lesia Ukrainka Branch of the UWAC for 31 years and has served as treasurer for all of them as well as being church treasurer for 22 years. Elsie also belongs to the hospital auxiliary.

The couple was honoured by the Vegreville Pysanka Festival Committee in 2015, having been chosen as Hospodar and Hospodynia for the event. They were nominated by Steve and Olga Orleski, also of the Two Hills district.

Two Hills is very lucky to have such giving members of the community! God bless Elsie and Orest and grant them good health, happiness and peace for many years to come.

Eustine Kereliuk, Promin Convenor
Lesia Ukrainka Branch, Two Hills, AB

HOLODOMOR COMMEMORATIONS ACROSS CANADA

In November, 2015, Holodomor commemorations took place across Canada. In Edmonton, Betty Corlett of Bonnie Doon Flowers Ltd. prepared yet another stunning floral arrangement to honour the dead.

LONG SERVICE RECOGNITION

Kniahynia Ol'ha Branch, Edmonton, Alberta

The St. Michael's Women's Association has 41 members. At the Parish Feast Day on Sunday, November 22, 2015, the Women's Association chose to recognize 11 members on the 5th membership anniversary by handing out 5-year pins and five roses to branch members who have reached this milestone.

The National President, Lesia Perritt presented a Smoloskyp with a 5-year bar attached designating the members' years of service. She also presented a 25 year certificate to Jean Rudko.

A copy of a poster entitled "Harvest Time" by Dobr. Erin Haugen was incorporated. The red stripe and sickle in the work represent a Ukrainian wheat field invaded by Russia. An additional sickle is reminiscent of hard-working Ukrainian farmers, but it was also a communist tool of destruction (the hammer and sickle appeared on the Communist flag). The evergreen wreath symbolizes everlasting life and the resilience of the Ukrainian people. A sheaf of wheat, tied with the colours of Ukraine's flag, represents the grain stolen by Stalinist Russia. The empty breadbaskets remind us of those who suffered from starvation. A black ribbon tied around five ears of grain constitutes the international logo of Holodomor.

May the memory of those ten million victims be eternal! And may that memory prevent all future genocide!

Leona Bridges

*Above: **L to R standing:** Father Nicholas, UWAC National President, Lesia Perritt; Marie Holden accepting for Rose Chornoluk (30 yr) and Mary Ann Euchuk (30 yr); Natalka Ozipko (35 yr); Frances Tarnowetz (45 yr); Dobr. Jeannette Rauliuk accepting for Stephanie Chrapko (50 yr); UWAC Alberta Provincial President, Vivian Skakun; Dorothy Stachniak, President, St. Michael's UWAC. **Sitting:** Ruby Holowaychuk (10 yr); Olga Andrichuk (15 yr); Pat Truchan (20 yr) and also accepting for Rosalie Ewasiuk (15 yr); and Jean Rudko (25 yr).*

Dobr. Jeannette accepted a 50-year certificate and 50-year pin on behalf of Stephanie Chrapko. Lesia congratulated the members for their years of service and encouraged them to continue supporting Soyuz.

The Alberta Provincial President, Vivian Skakun presented each long service member a gift of 5 roses. In her congratulatory message she explained the symbolism of the Smoloskyp as well as the symbolism on the certificate.

Dorothy Stachniak

Ukrainian Women's Association of Canada - Alberta Provincial Executive

Annual General Meeting and 85th Anniversary Celebration

The 2015 Annual General Meeting (AGM) of the Ukrainian Women's Association of Canada – Alberta Provincial Executive (UWAC-APE) took place on October 3, 2015 at St. John's Cultural Centre in Edmonton, AB. As we were marking our 85th Anniversary as a Provincial organization, a celebration was planned to honour our past Presidents as well as a cultural/historical extravaganza featuring embroidered pillows.

Above: UWAC-APE Presidents:
Front row: Joana Janis, Alexandra Hohol, Anna Zwozdesky
Back row: Vivian Skakun, Nadine Brow, Dr. Geraldine Nakonechny, Shirley Wozimirsky, Oksana Ensslen Missing: Nadeya Bodnar, Isabelle Boyko Darcovich, Gloria Ferbey, Lelia Zubritsky Miller, Carla Kozak, Cheryl Moisey

The day began with a Moleben at St. John the Baptist Cathedral commemorating our sisters who have fallen asleep in the Lord. The service was officiated by Right Reverend Fr. Stephan Semotiuk. Special thanks to Fedor Gotsaliouk who served as cantor for the Moleben.

The keynote speaker for the event was Larisa Sembaliuk Cheladyn who presented her"1000 Pillow Project." Who among us doesn't have at least one embroidered pillow in our home or a memory of one proudly displayed on the living room sofa of a relative? Larisa met with people of Ukrainian heritage all across the nation. She viewed and photographed hundreds of pillows. The variety of examples she found was amazing – not only were all regions of Ukraine identifiable in the techniques of the stitching as well as the colours used, but the range of shapes, sizes and materials used to create the pillows were very diverse. Larisa reported that while photographing and cataloging hundreds of pillows, there were no two alike! Members attending the function had been asked to bring their own embroidered pillows and these were displayed throughout the meeting room (a "flash mob" display), creating a beautiful atmosphere. Soyuzanky were then invited to share the history of their pillows. The event was very educational and very moving. On behalf of the members attending the event, Alexandra Hohol, a former UWAC-APE President, thanked Larisa for her presentation and the devotion of her talents to our Ukrainian heritage.

To further highlight our organization's 85th Anniversary, a commemorative program booklet and leaflet were designed by Dorothy Stachniak and distributed to all in attendance. A copy of these has been made available to all branches throughout the province. Also included in the booklet, Leona Bridges, President of the Ukrainian Women's Association of Canada, St. John's Branch, researched and prepared a short history of the UWAC-APE that included the major projects undertaken by the Executives for the years 1930 –

2015. Vivian Skakun, current President of UWAC-APE, prepared a compilation of all the National and Provincial UWAC Presidents for the past 85 years as well as all the Alberta Provincial Executives. Resolutions passed at the Biennial General Meeting of the Ukrainian Self-Reliance League of Canada held this past August in Calgary, AB were also included in the booklet for information and discussion.

All former UWAC-APE Presidents were invited to attend the anniversary celebration and we were honoured to have eight of these talented women join in the festivities. They were presented with flower corsages and of course, the occasion was documented with a group photograph.

The event then transitioned from informational presentations to the business at hand, the UWAC-APE Annual General Meeting, chaired by President Vivian Skakun. There were approximately 40 members attending the AGM. All members were asked to introduce themselves and the branches that they were representing. Many of the delegates attending were from Edmonton and area, but we were pleased to welcome delegate Dobr. Teresa Domaradz of the UWAC Dominika Ohienko Branch in Lac La Biche and delegate Ethel Tacey from the UWAC Olha Basarabova Branch in Calgary. We thank them for making the extra effort. Greetings were extended by President, Vivian Skakun, as well as from our newly elected National UWAC President, Lesia Perritt. The financial report was presented by Treasurer, Gloria Gilyshyn, followed by the financial review report done by Dianne Chubocha Wood, Caroline Onyschuk and Claire Lauro. Lesia Perritt offered a report and photo presentation of her recent trip to Stockholm, Sweden in September where she attended the 2015 World Federation of Ukrainian Women's Organizations (WFUWO) Conference. A report was also given by President of the Ukrainian Museum of Canada – Alberta Branch, Elaine Harasymiw.

Above: Mrs. Anna Zwozdesky (St. John's Cathedral Branch, Edmonton)

Above: Keynote Speaker - Larisa Sembaliuk Cheladyn "1000 Pillow Project" http://www.artbylarisa.com/Custom.aspx?id=354eca7c-8d19-4b52-ab44-03782d3a3a18

Above: Dobr. Teresa Domaradz (Dominika Ohienko Branch, Lac La Biche)

All Alberta Ukrainian Self-Reliance League (AUSRL) members joined together for the Annual General Meeting and Election. Dennis Kuchta was elected as the new President of AUSRL. Fr. Peter Haugen gave a faith-based talk to members of the CYMK/UOY in attendance. Lukian Kruhlak was presented with the 2015 Provincial CYMK/UOY Scholarship in memory of Eugene Harasymiw and Dr. Harry Hohol.

Anna Zwozdesky, also a former President of UWAC-APE, presented a history of the Alberta Provincial Soyuz including several personal anecdotes and ended the evening with all AUSRL delegates joining together for a Ukrainian sing-along!

A special thank you to the organizing committee for the UWAC-APE Annual General Meeting and 85th Anniversary Celebration: Leona Bridges, Sylvia Gray, Pauline Mudry, Vivian Skakun, Dorothy Stachniak, Victoria Zukiwsky, Donna Kowalishin and Betty Corlett.

Donna Reed, UWAC-APE Promin Convenor

Photos by Diane Chubocha-Wood

Cushions donated by Kate Hawrysh, Pysanky donated by Natalka Melnychuk, Embroidered tablecloths donated by St. John's Cathedral Branch, UWAC

AN EXHIBITION

HONOURING DONORS & DONATIONS: A SHOWCASE OF RECENT ACQUISITIONS 2009-2015

November 7, 2015 Solarium, St. John's Cultural Centre, Edmonton

Творімо добро разом!

У суботу, 7-го листопада, 2015 р. в гостинній залі "Сонячної" (Solarium), велике число приятелів Українського Музею при Катедрі св. Івана в Едмонтоні відвідали прекрасну виставку експонатів подарованих сучасними добродійцями, спадкоємцями наших шановних піонерів.

Вечір відкрила голова Музею, п. Др. Олена Гарасимів, яка дуже змістовно пояснила намір виставки, а саме—показати шедеври, залишені нашими піонерами в руках їхніх внуків, правнуків чи родини. Ці спадкоємці зуміли якслід надати вартість цим одідиченим пам'яткам. Замість недбало їх позбутися, вони подарували їх до Українського Музею Канади, Альбертського Відділу, Союзу Українок Канади—найкращого збірника забутих пам'яток наших предків.

The evening formally began with opening remarks delivered by the Museum's President, Dr. Elaine Harasymiw:

"I should like to welcome you tonight to this exhibition, whose purpose is to recognize and acknowledge with appreciation those donors who have donated artifacts to the museum since 2009. As well, this event is intended to convey to the community, in particular Ukrainian Canadians, the nature and diversity of the Museum's collection. By exhibiting these artifacts, we hope to deepen appreciation of these artifacts and further understanding of the culture and lifestyle of Ukrainian Canadians and/or Ukrainians in Ukraine at a time when they emigrated to Canada. The artifacts are narratives of our past that should never be forgotten. Each has a story to tell—where it came from, who its owners were, how it was used, and, eventually, how it found its way into this collection. It is important that these narratives be preserved, as they are a record of our achievements, our culture and values, our creativity and adaptability, and our talents. They embody our past and what we are today. Hopefully, we can take these traditional art forms and re-interpret them in contemporary ways and ensure continuity of Ukrainian cultural practice."

Програмка, яка чудово показала молоде подружжя в прегарних народних строях, включала імена всіх жертводавців і опис їхнього подарунка. Багато з тих, хто подарував щось зі своєї спадщини, були присутніми і з великим задоволенням оглядали експонати прекрасно представлені.

Один з них був др. Нестор Корчинський, який, між іншим, висловив своє признання на руки др. Гарасимів. Він написав:

Left: Embroidered shirt donated by Orasia Yereniuk, grand-daughter of Justyna Paladejchuk-Stefin who emigrated to Canada from Halychyna, Ukraine in 1930 in memory of her late mother, Dobr. Stephania Yurkiwska

" Our legacy is etched in the footprints of our past, while our destiny lies in the dreams of our future. Our parents played their role in creating a legacy for themselves and the Museum has shown its enthusiasm in preserving their cultural roots. Our parents and thousands like them had a dream, a Canadian dream, which they embraced with a vigorous determination. It is because of their dreams that we now have the opportunity, privilege and freedom to exercise our own."

Присутні на виставі мали можливість точно оглянути кожний експонат, бо після офіційного відкриття, більшість гостей засіли спілкуватися при каві і смачній перекусці, яку приготовила нам всім знана п-і Максін Закордонська. Столи прекрашені чудовими живими квітами і осінніми овочами робили враження мистецької виставки—зливалися з оточенням і додавали святкової атмосфери.

Пані Гарасимів також скористала з нагоди, що присутні є зацікавлені в збереженні нашої спадщини додала:

"Another motive behind this event is to encourage those, who have in their possession artifacts, to consider donating them to our Museum. The Museum is not simply a repository that preserves our heritage for future generations. It shares it and educates others as well. As the original pioneers from Ukraine are replaced by subsequent generations, such articles are at risk of being lost forever. Thus, I implore you to look upon such artifacts with an eye to preservation and education."

Проходячи попри столики за якими спілкувалися учасники виставки, багато з них фаховими знавцями мистецтва, працівниками з інших музеїв та збиравців цікавого від своїх предків, можна було почути велике признання організаторам виставки, які виявили глибоке знання про представлені експонати і представили їх дуже вмілим мистецьким способом.

Велике признання належиться голові Музею, др. Олені Гарасимів, всім працівникам в Управі та організації С.У.С. за їхню фінансову підтримку.

До побачення на наступній виставці!

З пошаною,
Ольга Логвиненко, членкиня С.У.К. в Едмонтоні

Left: L to R Marusia Pastuszenko, Nadia Cyncar, Dr. Nestor Korchinsky

Awards of Excellence

Submitted by Dr. Tony Harras, President, USRL of Canada

"We are what we repeatedly do, therefore, excellence is not an act **but a habit.**"

- Aristotle

IRKA BALAN
Winnipeg, Manitoba

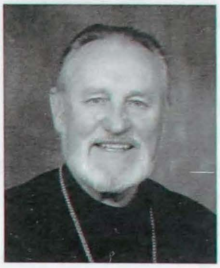
- Chair of Manitoba's UCC Holodomor Awareness Committee
- Initiator of Holodomor Statues on the grounds of Manitoba's and Saskatchewan's Legislative Grounds and in the Canadian Museum of Human Rights
- Curator and researcher of the historical exhibit, entitled "Vasyl Avramenko: A Legacy of Ukrainian Dance" that toured, Canada, United States and Ukraine
- Dancer, choreographer and artistic director with dance groups including Rusalka
- Rozmai (CYMK) and other dance ensembles in Canada and USA
- Organizer of dance seminar tours and performances in Ukraine since 1991
- Election observer of 6 elections in Ukraine beginning in 2004
- Member of UWAC and Cultural and Events Coordinator at the Ukrainian Orthodox Cathedral of St. Mary the Protectress (Sobor) in Winnipeg

SONIA BREMNER
Regina, Saskatchwan

- Active Regina Daughters of Ukraine UWAC Branch member, including President 1991-1995, Treasurer 1999-2004 and 2008-2015, Recording Secretary 2006, and Auditorium Management Committee 2002-2005
- CYMK involvement: member 1963-1969, National USRL CYMK advisor 1999, Regina Junior and Senior CYMK Advisor 1996-2002 and Provincial representative 1966-1967
- President of Saskatchewan Provincial UWAC 1995-1999; organized Saskatchewan's 1st USRL Prov. Executive in 1997 and was its 1st President for two years
- CYC/USRL National: chaired the Nominating Committee and Convention Secretary in 2009 and auditor to the 2009 and 2013 Conventions
- Served the Descent of the Holy Spirit UOC in capacities as Vice-President, Treasurer, Sunday School teacher; Chair of the 'kitchen renovations' committee
- Assisted other organizations: Selo Housing Corporation, Selo Gardens Personal Care Home, Ukrainian Canadian Congress, Tavria Dance Ensemble, Sadochok and Camp Trident

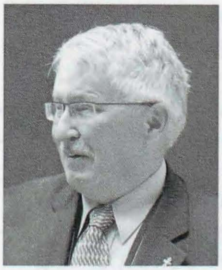
SOPHIA KNIAZ
Vernon, BC

• Member of St. Olha UWAC Vernon Branch for nearly six decades and has served in all executive positions including President from 1972 to 1976 and 1998 to present
• CYMK advisor and chaperone for more than 30 years
• Choir member of Assumption of St. Mary UOC, Vernon, for 55 years; parish Treasurer 2006 to present
• Member of the local Multi-Cultural Society 1972 – 1991 and Treasurer for 13 years
• Recipient of Ukrainian Social Services, Volunteer Award for "Humanitarian Aid to Ukraine"
• Taught Ukrainian language classes as well as facilitated Ukrainian Cultural Workshops at local youth camps
• Devoted to the church and community



Very Rev. Protopresbyter
Dr. OLEH KRAWCHENKO
Winnipeg, Manitoba

• Principal/Rector of St. Petro Mohyla Institute (1966 - 67) and Editor of SUMKivets (CYMK Journal) 1970 - 71
• Long time and active member of TYC/USRA
• Member of the TYC/USRA National Executive (1971 – 73)
• 1973 – present, in various positions at St. Andrew's College in Winnipeg including Professor, Dean of Humanities, Dean of Theology, Principal and currently a Sessional Professor
• Served as Chaplain of numerous CYMK and UWAC branches
• Former member of the Consistory Board of the UOCC (1985 – 95 and 2010 – 2015)
• Chairman of the Presidium of the Consistory of the UOCC, 1995-2000



GERALD LUCIUK
Regina, Saskatchewan

• A former President of Saskatchewan CYMK and Vice President of National CYMK
• Long time member of the Board of Directors of St. Petro Mohyla Institute including President
• Long time member of TYC/Ukrainian Orthodox Men's Association of Regina, past President and other executive positions
• Member and Chair of the Advisory Committee on Saskatchewan and Ukraine Relations
• A past President of All Saints UOC in Saskatoon and of Descent of the Holy Spirit UOC in Regina
• A former member of the Consistory Board of the UOCC (two terms) and Chair of the Bishops Search Committee
• An agronomist, retired from the Prairie Farm Rehabilitation Administration, where he had a successful career and extensive involvement in farming in Asia and Eastern Europe, including Ukraine

Dobr. LARYSA
MAKARENKO
Hamilton, Ontario

• Member of various UWAC branches across Canada since the mid 1970s
• Served as President, Corresponding Secretary and Secretary of different UWAC branches
• Served as Secretary of UWAC National when it was in Saskatoon – mid to late 1980s
• Member of the UWAC Manitoba Provincial Executive (2000-2005)
• Has worked with youth and as a CYMK advisor in Calgary, Winnipeg and Hamilton
• Has taught Sunday and Ukrainian school in many parishes
• Has worked on many special projects, such as with the Ukrainian Museum of Canada and fund raising for parishes
• long time member of various church choirs

JEAN MEKITIAK
Calgary, Alberta

- Long-time member of the Ukrainian Museum of Canada, Calgary Collection, where she dedicates countless volunteer hours in cataloguing, conserving artifacts and mentoring other volunteers
- Served as Chair of the Board of the Calgary Collection from 1995 to 2012
- Instrumental in having the Calgary Collection affiliated with the National Ukrainian Museum of Canada in Saskatoon
- Member of the Ukrainian Women's Association of Canada, Olha Basarab Branch since 1954 and has served as President, Secretary, Corresponding Secretary and Archives Convener
- Member of St. Vladimir's UOC; she taught Church and Ukrainian School and sang in the choir
- Served on the executives of the Local and the National Council of Women; locally, she held the positions of President, Secretary, Corresponding Secretary and Education Convener

BILL MISKE
Surrey, BC

- A long time and active member of TYC (Ukrainian Self-Reliance Association) Surrey Branch, Treasurer since 2008 and representative to the UCC
- A community leader at Camp Kolomayka (Treasurer since 2008) as well as for the St. Mary's UOC and the Ukrainian Cultural Centre
- Attends to maintenance, booking, catering and volunteering needs of the Ukrainian Cultural Centre as well as publishing material regarding the Centre
- As a Member of St. Mary's parish he has assisted the Treasurer and now is the Treasurer, assists the priest in the Sanctuary, is the parish's photographer, maintains the Church's website and arranges for functions such as Pushchennya, Malanka and private catering functions as well as attending to Church maintenance needs

VERA MELNYK
Toronto, Ontario

- President of Kniahenia Olha Branch UWAC since 2010 and 1st Vice-President of Eastern Executive of UWAC
- Recruiter of many younger members into UWAC
- UWAC Cultural/Education Committee Chair 2007-2010
- Spearheaded many Kniahenia Olha Branch cultural and fundraising initiatives, e.g., raising awareness about human trafficking for blue ribbon campaign, fundraising for the St. Elias Catholic Church, (an Orthodox campaign to help St. Elias parishioners rebuild their church),"Mamyna Sorochka" Exhibit, "Kupy meni Kozhuh" Exhibit, Book launch of Princess Anna Yaroslavna, Queen of France, monthly perogy fundraiser
- Member of St. Volodymyr Cathedral, Toronto, and 4th Vice-President in 2014
- Board member of Ukrainian World Social Services
- Recipient of the University of Toronto's "Dean's Distinguished Service Award" and other University awards

KATHY MISKE
Surrey, BC

- Member of the Olha Kobylanska UWAC Branch in Surrey, BC. Has served on the executive in several capacities including President, Secretary and Corresponding Secretary, representative to Promin and to the UCC
- Arranged and hosted Surrey's 100th year anniversary of the internment of Ukrainians in Canada
- Worked with BC's legislators first to acknowledge the Holodomor
- Member of the Board of the Ukrainian Orthodox Camp Kolomayka as Secretary since 2008 and as camp administrator for the past 4 years.
- Has been the parish President of St. Mary's UOC, Surrey for the last decade as well as the representative to the Western Eparchy for the past three years

OLYNE PATRYLUK
Regina, Saskatchewan

- Member of the Daughters of Ukraine UWAC Regina Branch since 1944 including President for 3 years
- Served as Vice President of the Saskatchewan Prov. UWAC Executive during 1986-1988 and 1997-2000
- Was actively involved in CYMK in theatre, singing and dancing
- A former member of the Regina Ukrainian Centennial Choir and sings in the Descent of the Holy Spirit (DHS) UOC choir in Regina
- Member of the 1989 and 1999 Regina organizing committees for the USRL National Conventions
- Has volunteered extensively for hospital visitations, Kyiv Pavilion, Sunday School and youth advisor and chaired Regina UWAC's 50th anniversary celebrations
- Long time member of the DHS UOC in Regina, of the Ukrainian Society of Prosvita and of the Regina Local Council of Women

ELIZABETH ROSHKO
Smoky Lake, Alberta

- Member of the Olha Kobylianska UWAC Smoky Lake Branch for over 50 years; served as Treasurer for 10 years, President for 5 years and Secretary for 8 years
- Originator of the first UWAC Cairn in Canada indicating the Charter Members and current members
- Mentor to new members of the Smoky Lake UWAC executive
- Member of the Holy Ascension UOC in Smoky Lake for over 50 years; she continues to assist in numerous capacities
- Member of many choirs during several decades; presently sings in the 'Soloveyko' UWAC choir
- Key figure in rebuilding the Ukrainian National Hall used for UOCC and UWAC functions, member of the construction committee, Secretary of Taras Shevchenko Society.

JOSEPH WILLIAM STRUS
Toronto, Ontario

- Member of CYMK Hamilton (1965-1970) including Treasurer (1965-1967) and President (1967-1969)
- Member of the SUS Foundation of Canada Board of Directors since 2008; Treasurer (2009-2011) and President from 2013 to present
- Member of Long Branch TYC/USRA Toronto from 1998 to present and Treasurer from 2011 to present
- Member of the UOC of St Demetrius, Long Branch from 1986 to present as well as member of the parish council 2000-2011 and 2014 to present
- Has been Financial Secretary for the St Demetrius parish from 2001 to present
- Has been active in Big Brothers and has coached boys' volleyball, soccer and baseball as well as girls' baseball

MYKOLA WORON
Calgary, Alberta

- Active and long standing member of TYC/USRA
- Dedicated countless volunteer hours serving St. Vladimir's Congregation, Calgary
- In 1958, on a volunteer basis, established the St. Vladimir's Library and Archives which today has over 15,000 book titles, periodicals, newspapers and audiovisual materials on Ukraine and Ukrainian subjects pertaining to both Canada and Ukraine
- Set an example for funding St. Vladimir's Cultural Center through his passion and generosity
- Worked with Canada Post on a number of initiatives to feature Ukrainian personalities on envelopes as well as a stamp featuring St. Vladimir's Church
- Has provided resource materials to countless groups and individuals for many research projects
- Has been acknowledged for his work and assistance by dozens of institutions and individuals

Open the Freezer, Open the Cellar Door & Open the Lid

"Did you just finish shopping in your freezer?" Or "Did you just come from shopping in your cellar?" My friend's husband, John, coined these phrases. All too often, we spend time canning, freezing or storing produce from our garden and then forgetting all about it in the wintertime. Gardeners need to spend time both in the garden and in the kitchen, serving up the harvest. When all the gardening and canning is done, we can't let that healthy produce go unused after all that work and effort. If we still have too much in our storage bins, freezers and pantry when the next season is ready to harvest, then we know that we need to double the effort to make use of our produce or we need to put away less.

Content: In this article, I will share a few recipes with ingredients from the harvest that I put away during the spring, summer and fall. I will also include some canning tips for grapes.

Inventory: I keep a planting, canning and processing diary, in which I record gardening and canning details. This season, I finished canning my last box of tomatoes on December 3, 2015. If I take an inventory of the items that are left over before planting time the following spring, it will give me an idea of how much to plant or preserve for the next winter.

Shopping in Our Storage, Cold Room and Freezer: Using our onions, garlic, carrots, potatoes and frozen broccoli out of our storage, cold room and freezer, I can make a broccoli soup. I made a few modifications to the following recipe that I received from my sister-in-law, Karina.

Broccoli Soup:

Ingredients:

1 Tablespoon olive oil
4-6 cups frozen broccoli, thawed and chopped
2 cups chopped onion
2 cloves garlic, peeled and chopped
1 stalk celery, chopped

Inventory in the Cold Room at the End of the Canning Season. Photo by Vivian Skakun

1 carrot, diced up
2 cups potatoes, chopped
½ red pepper, chopped
4-6 cups chicken stock, or 1-2 cubes Organic Chicken Bouillon dissolved in 4-6 cups water
Salt and pepper to taste
Milk or stock for thinning the soup

Method: In a stockpot, sauté onions until translucent, add the garlic, celery, carrot, pepper and potato. After sautéing the vegetables four to five minutes, add the thawed broccoli and the chicken stock. Bring it to a boil and simmer for 30 minutes or until the vegetables are soft. Puree the soup in batches. If it is too thick, you can add more chicken stock or milk.

Season to taste. Garnish with grated cheddar or Parmesan cheese and croutons. This soup can be frozen.

Frozen Greens: Spinach, beet leaves, Swiss chard, dill and parsley are items in the freezer that are good for making many things. Frozen spinach can be used to make appetizers. Two of my favorites are "Spinach in a Loaf" and "Spinach Triangles" made using filo pastry. Dill and parsley are very important herbs in all of our Ukrainian Cuisine as they are used in soups and sauces. Dill is used in dips, appetizers, and for dill pickles. It is also added to cottage cheese when we make cheese buns (pyrizhky) or nalysnyky, also known as cheese crêpes.

Recipe for Beet Leaf and Swiss Chard Lazy Holubtsi: I have combined one package of Swiss chard with one package of beet leaves to make beet leaf and Swiss chard lazy holubtsi. To make this dish, thaw the leaves and squeeze all the moisture out. Chop the leaves and place half of the leaves in the bottom of a casserole. Cover that layer with three or more tablespoons of a prepared mixture of sautéed onions added to one cup of cream boiled with dill and seasoned with salt. Put one cup of washed short grain rice on the first layer of leaves and add 3-4 tablespoons or more of prepared cream. Then cover the rice with the rest of the chopped leaves. Pour the remaining cream over the leaves. Add about one cup of

Green Grapes in early AugustEnd of the Canning Season. Photo by Vivian Skakun

Ripening Grapes in September. Photo by Vivian Skakun

Grapes Ready to Pick in October. Photo by Ernest Skakun

boiling water to that. Bake at 350° F for about 30 minutes. Check to see if you need to add more liquid. For every cup of rice, I use two cups of liquid in this recipe.

Grape Juice: Every year the Valiant Grapevine produces grapes that are excellent for grape jelly or grape juice. This variety of grape is a concord grape that we have had in our back yard for about 20 years.

We prefer to make juice out of all of the grapes. Authors of the book Putting Food By[1.] recommend that you add one cup of water for every four cups of crushed grapes. Simmer gently for about ten minutes or until the grapes are well cooked. Strain the juice through a jelly bag. After the juice has been strained, refrigerate the juice for 24 hours to allow for the crystals of tartaric acid to settle to the bottom of the jar. When pouring out the juice, separate it from the sediment of crystals. This tartaric acid is used to make cream of tartar. Then proceed to make your jelly or juice. If you are planning to make grape jelly, prepare the juice as instructed in your pectin package. If you are making juice, sweeten your grape juice to your preference and process in jars in an open water bath.

When making juice, I prefer not to cook and strain the juice. Instead, I clean the grapes, wash and drain them and then preserve the grapes in jars

Picked Grapes Washed & Strained.
Photo by Vivian Skakun

adding syrup to about 1-cup of grapes in each jar. When I need the juice, I open the jar and strain the juice from the grapes. This method is not as labor intensive and does not form the crystals of tartaric acid. When canning fruit, usually a syrup of water and sugar is prepared. I try not to use sugar. Instead, I use frozen concentrated apple juice diluted with water in a ratio of 1:2.

Editor's Note: I own a steam juicer, which makes the extraction of juice from crabapples, grapes, berries, etc. very easy. To find one, search the internet.

Jars Ready to Process in Water Bath.
Photo by Vivian Skakun

Hot Syrup of Apple Juice & Water in a Ratio of 1:2. Photo by Vivian Skakun

Recipe For Grape Juice Using Unsweetened Concentrated Apple Juice[2]: Pick your grapes, clean them, and wash them. Leave them in a strainer to drain. In hot sterilized jars, add about 1 cup of grapes or fill the jar to about 1/3 full. Boil the concentrated apple juice with water in a ratio of 1 cup of thawed concentrated apple juice to 2 cups of water. Pour this hot syrup into each jar up to the neck of the jar. Seal with snap lids prepared according to manufacturer's instructions. Boil the sealed jars in a hot water bath canner for 30 minutes.

Sealed Grape Juice Ready for the Cold Room. Photo by Vivian Skakun

Jello-Fingers Made From Strained Grape Juice. Photo by Vivian Skakun

Using the Grape Juice: Drink it or make Grape Jello-Fingers. This is very good if a soft diet is required after surgery or when someone is recovering from a bout of flu. These Grape Jello-Fingers are quite firm and can be eaten with your fingers, no spoon needed. This is a good treat for children as there is no sugar, no artificial flavoring and no artificial coloring in it. My friend Judy gave me this recipe requiring frozen concentrated grape juice. I've converted her recipe using homemade grape juice instead. Following is the recipe with her recipe in brackets:

Ingredients:

5 cups strained grape juice (or 1-12 ounce can of frozen concentrated grape juice thawed & 1½ cups boiling water)

5 packages of unflavored gelatin (or 3 envelopes unflavored gelatin)

Method:

Soften the 5 packages of unflavored gelatin in 2½ cups of cold grape juice (Or soften 3 envelopes unflavored gelatin in the 12 ounces of commercial concentrated grape juice). Heat the remaining 2½ cups of grape juice (or heat 1½ cups of water) and pour the hot liquid into the container of softened gelatin and juice. Stir until the gelatin is dissolved. Pour into a lightly greased pan and chill in the refrigerator. When it is set, cut the Jello into squares. Store Jello-Fingers, covered, in the refrigerator.

What do you have from your harvest that you can serve up? If you have frozen berries, take them out and make a dessert, or a smoothie, or stir the fruit in with Greek Yogurt and granola for breakfast or a healthy dessert. If you have peach preserves, strain a jar and a can of pineapple tidbits; add a little brown sugar, vinegar and cornstarch dissolved in water to the strained liquid. Cook the liquid until smooth and clear. Then add the peaches, raisins, pineapple, plus ginger, thereby creating a sauce. Serve it up with ham or pork.

Soups are a wonderful way of using all your root vegetables, dry beans, frozen peas, string beans, parsley, dill, canned tomatoes, tomato sauces, tomato juice and your left-overs. If you have grown winter cabbage, it is good in most soups, such as borsch and minestrone soup. Dry peas and sauerkraut make a good soup with ham or just a ham and pea soup. We don't need a recipe. All we need is our imagination. When you are creating a soup, I do recommend that you keep track of your ingredients and the amounts, especially if the soup turns out to be a big hit. You then can make it again and get the same results.

Take that jar of sauerkraut out, strain it, add chopped raw onion to it, and top then top it with onion sautéed in oil. Stir and serve. For another twist, when you make a soup such as the broccoli soup above, add a tablespoon of this sauerkraut mixture to your soup. The sauerkraut gives the soup a bit of a crunch and a bit of a bite.

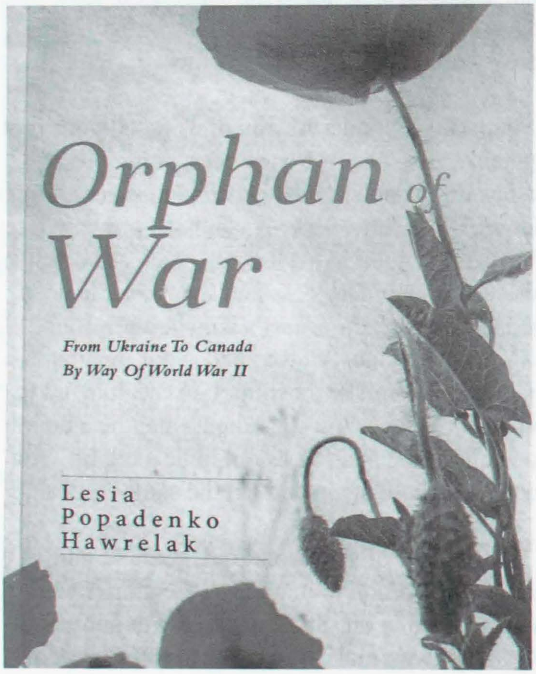
You can use the tomato salsa that you made for more than just serving it up with tortilla chips. Top your eggs with the salsa, add it to your soup, make a dip using sour cream and mayonnaise, or use it in place of taco sauce in recipes.

Those jars of cherry pie filling can be used as a topping on yogurt, on cheesecake, on desserts of fruit cocktail, ice cream, as a base for cherry crisp, served with bread pudding or rice pudding or any other such ideas. The apples, blueberries, rhubarb, strawberries and raspberries in your freezer make wonderful crisps.

We can eat like we are expecting company everyday. All we need is a little experimentation with a dash of imagination and "Voilà!" we have a new dish and a fantastic meal. Enjoy serving up your harvest.

Vivian Skakun

1. Greene, Janet, Ruth Hertzberg & Beatrice Vaughan (1991, p. 112) Putting Food By, The Stephen Greene Press Book, Penguin Books Canada Ltd, Toronto, Ontario, Canada
2. Hum, Nellie G. (1993, p.4) The Sugarless Cookbook: Cooking With The Natural Sweetness of Fruit (Volume 1 & Volume 2), Hum Publishing, Ottawa, Ontario, Canada



Suggested Book –

Orphan of War

by Lesia Hawrelak

"This book is compelling, often moving. It is a story that deserves to be told."

- Marco Levytsky, Editor, Ukrainian News

A twelve-year-old girl stands grieving over her mother's open grave. After arriving together in Canada one year earlier, this child now finds herself completely alone and unable to speak the English language. She was born in Ukraine, survived the horrors of World War II in Europe and now faces life as an orphan in a new country.

*

"I am this little girl. I reveal my life of hardships and triumphs set against the backdrop of similar Ukrainian immigrants, who suffered Stalin's and Hitler's brutality. From my desolation while hiding in a bunker to my rich and nurturing role as a mother, this story reflects my search for understanding, acceptance and love."

Lesia Hawrelak continues to live in Canada. She enjoys spending time with her family and keeping active. She is proud of her Ukrainian heritage and is grateful to be able to share her story.

Нова книжка в англійській мові!

Сирота війни – Від України до Канади через Другу Світову Війну написала Леся Попаденко Гавриляк із Калґарі.

Зміст книжки захоплює читача довідатись як українці пережили жорстокі часи Сталіна й Гітлера. Автор описує своє життя чесно й щиро, починаючи з дитинства на Україні під час війни. Також пише про табори в Німеччині та про Канаду, коли виростала в Едмонтоні.

Канадці українського походження навчуться про третю хвилю українського поселення своєї батьківщини, а канадці іншого походження матимуть нагоду краще зрозуміти своїх сусідів.

Книжку можна купити за $15 через інтернетську сторінку www.friesenpress.com. (Електронна версія коштує лише $3.)

КВІТИ НЕЗАБУТНІМ
In Memoriam

У річницях упокоєння

Бл. п. Олексія та Марії Макаренко

Бл. п. Добр. Олі Демчук

У п'яту та тринадцяту річницю упокоєння наших улюблених батьків, діда, бабу, прадіда та прабабу, Олексія та Марії Макаренко, які відійшли у вічність 1-го та 10-го березня, 2003 та 2011 р., та у четверту річницю упокоєння нашої улюбленої дружини, тітки, сестри та хрестної матері, добр. Олі Демчук, яка відійшла у вічність 28-го лютого, 2012 р., висилаємо в їхню світлу пам'ять пожертву, як нев'янучий вінок на їхню могилу.

Нехай пам'ять про цих жертвенних та відданих працівників у Божому винограднику буде вічною.

Спіть з Богом! —родини Макаренків, Демчуків та Буцьорів

Annie Logozar

Annie Logozar passed away September 15, 2015. She was born December 22, 1919 in the Rannock/Two Hills area to Dymetro and Frozina Kupchenko and had seven siblings—three brothers and three sisters.

Annie married Metro Logozar on January 12, 1941. They bought land in the Luzan area and raised their family there. They started with seven cows (given by Annie's parents), four horses, some machinery and a dream.

Metro did carpentry work to supplement the farm family income, so Annie stayed home and did all the chores and field work. Eventually, they bought more land.

Annie and Metro were blessed with four children. Donald, the oldest, passed away as an infant. The others were Vivian (Ernest Skakun), Leonard (Karina Logozar) and Joann (Wade Giles).

Annie was widowed in 1990 and sold the farm, moving to Two Hills Eventide Home. She resided there until just months

before her death. She lived close to Two Hills Holy Trinity Church, so she joined the church and the women's club. (She had previously belonged to Luzan Church and the Ukrainian Women's Association of Canada branch there.) She loved to bake bread and sweets. In later years, when she was unable to walk far, she appreciated her fellow parishioners, who would deliver lunch and goodies to her. She was known for her jokes and laughter.

Annie will be missed by her children, grandchildren and great-grandchildren, as well as by her church family.

May God grant her eternal rest! Вічная пам'ять!

Eustine A. Kereliuk, Promin Convenor
Lesia Ukrainka Branch at Two Hills, AB

Annie Logozar

Annie Logozar was born December 22, 1919 in Duvernay, Alberta. Her parents were Frozina (Goroniuk) Kupchenko and Dymetro Kupchenko.

She grew up in the Rannock area, east and north of Two Hills, Alberta. She completed Grade nine at the Rannock country school. In those days, one teacher taught all the classes from grades one to nine. Continuing her education would have required her to leave home.

Annie was very strong and worked hard all of her life. Annie and her sister Katrina were the eldest and worked on the field with their parents until their brothers were old enough to help. They worked with their mother Frozina and father Dymetro breaking land. Annie told her children about how she picked rocks and roots on land that was freshly broken and how she followed the plow that was horsedrawn. She had a good work ethic.

She married Metro Logozar on January 12, 1941 at Szypenitz Nativity of the Virgin Mary Ukrainian Greek Orthodox Church - registered in Kaleland, Alberta. They farmed in the area of Luzan for 40 years and were members of Luzan Toporiwtzi and Two Hills Holy Trinity Ukrainian Orthodox churches. Annie was a member of the Luzan Women's Group and was a member of the Lesia Ukrainka UWAC Branch of Two Hills, Alberta for forty years.

Annie was a great supporter of our Church and a faithful servant. In the early years, whenever there was a service in Luzan, Annie and Metro would invite the parish priest over for dinner. She continued her hospitality of serving lunch or dinner even into her 90s when she was living in Two Hills Eventide Home – after graveside services and for house blessings.

Annie enjoyed demonstrating paska-making and sharing her recipe with the Lesia Ukrainka UWAC Branch of Two Hills, Alberta at work bees, when they got together to prepare for Easter bake sales. Her kolachi were her pride and joy. For Provody, she made many kolachi, and she always made sure that there were kolachi for the table during the Panakhyda graveside service, which she would give to the parish priest who was serving.

When her husband Metro passed away in 1990, she sold their property and moved to Eventide Homes in 1993. She remained a widow for 25 years. Annie continued to plant a garden and prepare her own meals. She had a fall in January, 2015 and lived with her daughter for two months. On

April 3, 2015, she moved to the Two Hills Hillside Lodge. She passed away on Tuesday, September 15, 2015.

Left to cherish her memory is her daughter Vivian (Ernest) Skakun, son, Leonard (Karina) Logozar and daughter, Joann (Wade) Giles; eight grandchildren; seven great-grandchildren; sister, Diane (Metro) Holynski; her sisters-in-law, nieces, nephews and friends. She was predeceased by her husband, Metro Logozar, on October 11, 1990 and son, Donald, in infancy. May she rest in Peace! Вічная Пам'ять! Memory Eternal!

Vivian Skakun and Family
Edmonton, AB

1. Buciora, Fr. Dr. J., (2015, p. 30) Wounded by God's Love: The Journey of A Soul After Death and Prayers For the Deceased, Office of Missions and Education, The Ukrainian Orthodox Church of Canada

Ksenia Rosizky (Ostapiw)

Ksenia Rosizky (Ostapiw) Ксеня Росіцька was born in 1923 in the village of Verbivtsi in the Ternopilska Oblast of Ukraine and passed away in Burlington, Ontario on December 20, 2014 in her 91st year. She was the loving wife of Sylvester for 63 years who predeceased her in 2009.

Ksenia arrived from Ukraine to Germany in October of 1942 where she and her husband met and were married in a Ukrainian Orthodox ceremony in 1946 at the camp in Belefield. In August, 1948, Sylvester left for Canada to establish himself with a job and Ksenia joined him 6 months later. They settled in the Kingston area and, after a few years, moved to Hamilton, Ontario where they became active members of St. Vladimir's Ukrainian Orthodox Church, as well as church organizations—he became a member of TYC and she became a member of the Lesia Ukrainka Branch of UWAC.

Above all, Ksenia valued family time. She so looked forward to any family celebration, when everyone would gather in camaraderie to share in conversation, food and traditions. She was a strong-willed and independent person, who was instrumental in maintaining and passing along Ukrainian traditions (which she considered very important) to her children, Lesia and Walter, and grandchildren, Paul, Adam, Michael, Juliann and Christina. She was an honest, forthright individual who warmly welcomed anyone who came to her home. A young woman when she left Ukraine, Ksenia lived the majority of her life in Canada, far removed from her birth place, and yet the attachment to her heritage never faded. She loved her beloved Ukraine and constantly followed its current struggles. However, she also loved and was thankful for her adopted country, Canada, that enabled her to live the life she was fortunate to have.

It has been a year since her passing and we miss her greatly.

Vichnaya Pamyat. Вічная Пам'ять.

Lesia Shipowick (daughter)/Леся Шиповик
Toronto, ON

Ангелина Павлик, Основателька нашої Організації– Nettie Pawlik

Ділимося сумною вісткою, що в Вінніпезі на 101-му році трудолюбного життя, заснула блаженним сном одна зі засновників Союзу Українок Канади, Ангелина Павлик. Все своє життя віддала з посвятою свій час для культурно-громадського суспільства.

Вона та її муж були щирими жертводавцями на церковні, громадські і національні цілі. Завжди скромна, завжди уважна, як довго їй дозволяли фізичні сили, вона старалась працювати для добра наших організацій. Вона розуміла завдання організованого жіноцтва і довгі роки була членкою Союзу Українок Канади, вперше у відділі при громаді св. Михаїла. Коли відділ засновано при Катедрі Пресвятої Тройці, 27- лютого, 1941-го року то Ангелина стала першою головою.

Довші роки провадила працю виховниці народного мистецтва у відділі СУМК та в Колегії св. Андрея. Через довгі роки, присвячувала час при Катедрі Пресвятої Тройці, де приміщується Філія Музею С.У.К.

Ангелина була відома, не тільки у Вінніпезі де запрошували її до виступу, але й в інших околицях українського поселення.

On Saturday, April 11, 2015, Nellie Pawlik passed away peacefully at the age of 101 years. She was well known for her dedication to the Ukrainian community, her love of horticulture and her devotion to her family. Nellie was born in Veregin, Saskatchewan. She was a student of Mohyla Institute and taught school for a number of years. In 1935, she married Andrew Pawlik and they settled in Winnipeg. During her stay at the Institute, she developed a love for the Ukrainian arts, especially embroidery, and began a lifelong quest to nurture, preserve and teach Ukrainian embroidery. At St. Michael's Parish in Winnipeg, she helped found the UWAC Ol'ha Kobylianska Branch. In 1941, she helped organize the Lesia Ukrainka Women's Association Branch at Holy Trinity Cathedral and served as the first President. She continued to work on the local, provincial and national levels of the Association throughout the years. In 1982, the Women's Association presented her with an honourary membership. For close to twenty years, she served as financial secretary for the Ukrainian Orthodox Cathedral and for the Ukrainian Fraternal Society. In 1950, Nellie was part of a group of women who founded the Manitoba Branch of the Ukrainian Museum of Canada. She spent more than forty years curating, collecting artifacts and teaching embroidery, weaving and pysanka-writing. In 1977, she received a lifetime membership from the Ukrainian Museum of Canada. Over the years, Nellie was active at the Museum of Man and Nature and was a judge at the Dauphin Festival. She taught many workshops in communities and schools and at St Andrew's College. In 1992, the province of Manitoba presented Nellie with the Orix Manitoba Award, a heritage award for enhancing the quality of provincial life in the areas of culture, heritage and multiculturalism. For her dedication to the Ukrainian community, she was awarded the Shevchenko Medal by the Ukrainian Canadian Congress. CBC produced a documentary about Nellie's life as a volunteer in the series "Our Stories". She also received the Award of Excellence from the USRL and was honoured for over 60 years of membership in the Ukrainian Women's Association of Canada.

Nellie passionately cultivated a beautiful yard on Leila Avenue and was given a life membership to the West Kildonan Horticultural Society. She won many awards for her flowers over the years.

On June 9, 2013, family and friends gathered to celebrate her 100th birthday at which her rich life was remembered. Her memory will be cherished and kept close to the hearts of all. Funeral services were held at the Holy Trinity Metropolitan Orthodox Cathedral in Winnipeg. May her memory be eternal!

Хай добра згадка про Ангелину залишиться на довго в пам'яті її подруг-союзанок. Вічна їй пам'ять!

Добродійка Юстина Лучак,
Вінніпег, Манітоба

Село! І серце одпочине.
Село на нашій Україні —
неначе писанка, село.
Зеленим гаєм поросло.
Цвітуть сади, біліють хати,
а на горі стоять палати,
неначе диво. А кругом
широколистії тополі,
а там і ліс, і ліс, і поле,
і сині гори за Дніпром.
Сам Бог витає над селом.

Тарас Шевченко

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ARTIST IN THE SPOTLIGHT

CHRISTINA SENKIW, artist, author and illustrator, was born and raised in Toronto, Canada. She has drawn pictures and has written stories ever since she can remember.

In 1973, Christina received her B.A. in Fine Art — Art History and Studio — from the University of Toronto. She continued to study painting, illustration and design at the Ontario College of Art and Design in Toronto. Christina works as a freelance painter, illustrator, designer, writer and editor.

Christina has exhibited her paintings in 12 solo exhibitions and in numerous group shows in Canada and the United States. Her artwork can be found in many private and public collections. Over the years, Christina has created many series of acrylic paintings. Her early works are hard-edged abstracts. Gradually, her style shifted towards semi-abstract representation. Currently, Christina is working on a new series of acrylic paintings, titled "Nature Studies", in a semi-realistic style. Her favourite media are acrylic paints, colour pencils, watercolour crayons, pen and ink, conte, pastels and watercolours.

Christina has written and/or illustrated 6 books: Mother Nature's Pets, Sonja's First Camp, I Want to Dance, History of Ukrainian Costume, Timmy Kitten and His Helpful Friends, and My Primer. She has also created a series of Art Prints for Children, and her latest greeting card is titled Blue Madonna.

Autumn Grasses

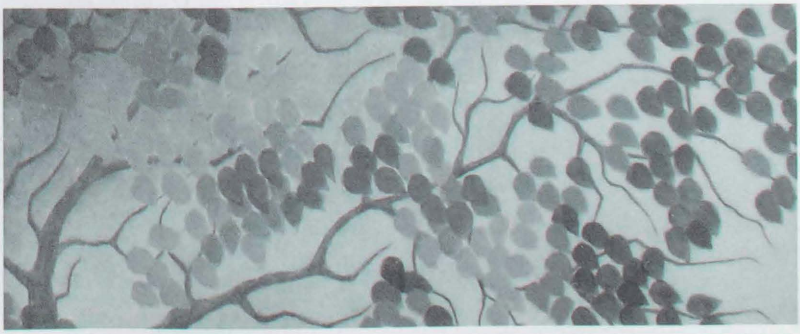
Christina is the author of numerous articles on art and reviews of art exhibits. She has edited texts for newsletters, catalogues and books, and has designed numerous invitations, posters, cards and catalogues.

Christina is active in several organizations: TWUC (The Writers' Union of Canada), CANSCAIP (Canadian Society of Children's Authors, Illustrators and Performers), USOM (Ukrainian Association of Visual Artists in Canada), and has been a long-serving member of the Board of Directors of the Ukrainian Canadian Art Foundation's KUMF Gallery. She is also a member of VAO (Visual Arts Ontario) and Arts Etobicoke.

Christina's "Ukrainian Madonna and Child" (2013) appears on a Christmas card sent out by the Shevchenko Foundation.

Find out more about this artist and purchase her books and illustrations by visiting www.christinasenkiw.com.

Researched and prepared by Leona Bridges (based on Christina's website)



Autumn Leaves II (Detail)

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